

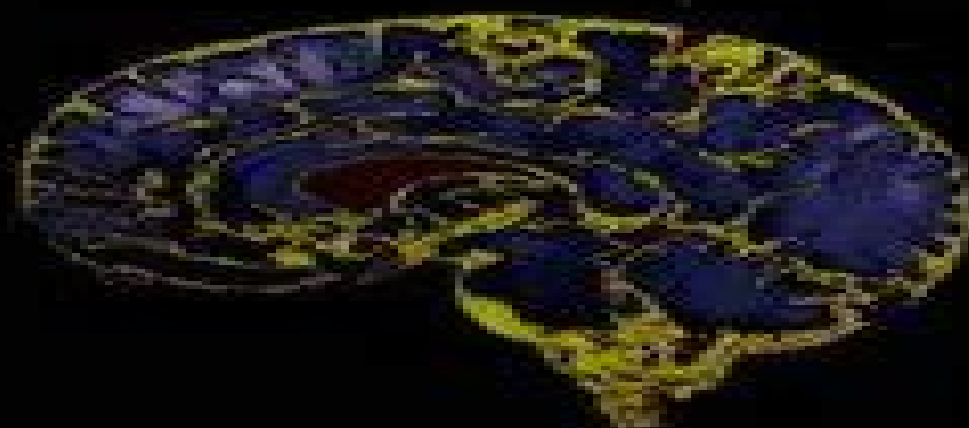
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YOUNGER BRAIN, SHARPER MIND



A 6-Step Plan for Preserving and
Improving Memory and Attention at
Any Age from America's Brain Doctor

Younger Brain Sharper Mind Younger Brain Sharper Mind

**Jairo A Puentes M.D. and Clara
Puentes**



Younger Brain Sharper Mind Younger Brain Sharper Mind:

Younger Brain, Sharper Mind Eric R. Braverman, 2012-01-31 Citing the intellectual impairment and mood swings associated with an aging brain a leading professor of integrative medicine outlines an easy to follow protocol for building brain cells and improving brain capacity in spite of age profiling beneficial hormone therapies and current medications for treating cognitive decline

Younger Brain, Sharper Mind Eric R. Braverman, 2013-01-29 While gray hair and wrinkles may be unwelcome if inevitable signs of the passing years the memory loss intellectual impairment and mood swings that come with an aging brain can be truly devastating According to bestselling author and anti aging expert Dr Eric Braverman getting older does not have to mean becoming forgetful clueless or depressed quite the opposite in fact Distilling his 35 years of research and clinical experience into an easy to follow protocol Dr Braverman explains how men and women can actually build new brain cells becoming younger and smarter as they age Readers will learn what to eat to stay focused when to exercise to sharpen their memory and how to organize their lifestyle to improve problem solving skills and discover the revolutionary hormone therapies and medications available to treat cognitive decline Having helped thousands take control of their hormones to maintain the physical and sexual vitality of their twenties and thirties Dr Braverman now presents **Younger Brain Sharper Mind** a simple plan to help them protect and enhance youth s most prized possession a vigorous capable mind

2 Weeks To A Younger Brain Gary Small, Gigi Vorgan, 2025-08-05 COMPLETELY REVISED AND UPDATED 2ND EDITION Dr Gary Small and Gigi Vorgan s 2 Weeks To A Younger Brain translates the latest brain science into practical strategies and exercises that yield quick and long lasting benefits Misplacing your keys forgetting someone s name at a party or coming home from the market without the most important item these are just some of the many common memory slips we all experience from time to time But such cognitive lapses don t just plague middle agers and seniors UCLA studies indicate that forgetfulness begins much earlier in life Scientists can detect subtle changes in the brain that coincide with mental decline by the time we reach age 40 and our findings show that people as young as 20 already have memory problems 2 Weeks to a Younger Brain will not only improve your memory but will also strengthen your physical health by reducing your risk for diabetes heart disease and stroke The latest research confirms that there is a lot we can do to boost our memory and keep our brains young After three decades of helping thousands of patients improve their memory and mental acuity Dr Small and Gorgan are convinced that our daily lifestyle habits are directly linked to our brain health This book will show that it only takes two weeks to form new habits that bolster cognitive abilities and help stave off or even reverse brain aging If you commit only 14 days to 2 Weeks To A Younger Brain you will reap noticeable results During that brief period you will have learned the secrets to keeping your brain young for the rest of your life

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forgetting someone's name at a party or coming home from the market without the most important item these are just some of the many common memory slips we all experience from time to time But such cognitive lapses don't just plague middle agers and seniors UCLA studies indicate that forgetfulness begins much earlier in life Scientists can detect subtle changes in the brain that coincide with mental decline by the time we reach age 40 and our findings show that people as young as 20 already have memory problems

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major causes genetics environment etc Dr Small discusses the various types of depression General therapeutic approaches used for all depression disorders How to know when it s time to seek professional help Each of the chapters will cover a specific type of depression and open with a case study example Small will describe Causes symptoms conventional treatments e g medications psychotherapy Alternative therapies e g exercise meditation yoga homeopathy Novel therapies e g transcranial magnetic stimulation TMS New scientific discoveries and interventions coming down the pike e g focused ultrasound In addition to case studies and patient interviews all chapters will include side bars with factoids lists and other helpful information

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